



The person missing from this family portrait is my mom. She was 56 years old when she died of a heart attack. She seemed so healthy so when she started to complain about persistent neck and shoulder pain and feeling exhausted we just thought she might have slept wrong. I even suggested she get a different pillow. It wasn't until my dad called me to tell me that she was gone that I learned what the signs and symptoms of a heart attack can be. It's not like the movies. It's not always going to be obvious. Take the time to know the signs of a heart attack and never dismiss those signs as not important. There isn't a day that goes by that I don't miss mom. Don't let something so avoidable cut family members out of your life.

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Heart Attack Symptoms

Women may have some or none of the commonly recognized symptoms of a heart attack. Instead, women may experience the following:

- Vomiting, nausea, indigestion or stomach pain
- Pain in the right back, shoulder, arm, throat and neck
- Profuse sweating, shortness of breath, fatigue, dizziness/ lightheadedness, even blackouts
- Extreme anxiety

Knowing the signs
of heart attack and
acting quickly can
save your life.

Every minute counts.

Traditional Heart Attack Symptoms

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that is recurring
- Pain that spreads to the shoulders, neck or arms
- Shortness of breath, lightheadedness, fainting, sweating or nausea, with or without chest discomfort

